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ABSTRACT

This exploratory module provides activities designed to enable the learner to develop an awareness of self. Activities suggest the formation of a group of 12-16 people and the presentation of a statement of self. The group is then subdivided, and participants share their statement after they have completed the following activities: personal inventories; who is the learner in relation to roles, responsibilities, qualities, beliefs, and feelings; where is the learner in relation to his/her life at present; and creation of a collage expressing thoughts, feelings, events, activities, relationships, and themes about the participant's past. (MJM)

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AFFECTIVE

1.0

Awareness of Self

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AFFECTIVE I

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I. IDENTIFIERS:

A. Module Name:

Awareness of Self

B. Compiled by:

1. G. Robert Ward

2. Sherry B. Borgers

C. Area

Affective

D. Number:

1

II. PROSPECTUS

A. Rationale:

Teachers do more than teach subject matter; they teach people. Therefore, there is a need for teachers to understand human behavior. If a person desires to increase his knowledge of others, he must first come to understand himself. A beginning point of self-understanding is self-awareness.

B. Purpose:

Since self-awareness is an important part of the understanding of human behavior, this module is designed to provide opportunities for you to discover more about yourself.

C. Overview of Module:

1. Form seminar group (12-16 persons) and set time for 2 hour seminar.

2. Attend seminar and participate in Statement of Self.

3. Individually complete the following activities:

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a. Personal Inventory,

b. Who Am I,

c. Where Am I, and

d. Collage.

4. Form a group of 4 and share the meaning of your collage.

5. Make a brief written statement that captures the essence of your collage and submit it to the seminar instructor.

D. Terminal Objective:

The terminal objective is exploratory in nature. Upon completion of this module you will have attended a seminar and participated in activities designed to increase self-awareness.

E. How to Complete Module:

In this module you have the opportunity to focus on self. Although the module begins with a two-hour seminar and ends with a group of four people, most of the activities are individual activities.

III. PREREQUISITES:

None

IV. ENABLING OBJECTIVES:

Retreat

V. PRE-ASSESSMENT:

None

VI. ACTIVITIES:

A. General Instructions:

These self-awareness activities provide an opportunity for you to increase your self-awareness. These activities may be used or misused, depending on you. There is no right or correct response to any of the activities. Focus on your experience; do not

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attempt to decide if it is correct and do not attempt to explain it.

If you do not invest yourself, you will get little from the activities. They may be superficial, or they may have depth; this depends on you. These activities may be just another task, or they may have meaning; this also depends on you. Remember--what you get from these activities depends on how much you put into them.

> If you have questions, if you have concerns, or if a particular task seems to be difficult for you, please contact the instructor. Remember to complete the module as honestly as possible so that you can gain the maximum benefit from the suggested activities.

B. Specific Activities:

1.1 Form a group of 12-16 people; contact the instructor and set a time for a two hour seminar.

1.2 Attend seminar and participate in Statement of Self.

Statement of Self:

Select three sheets of colored construction paper and do anything that makes a statement about you. After everyone has finished, describe your work to the group.

NOTE: This activity is done in a seminar with an instructor so that the instructor can emphasize and facilitate individual involvement. The instructor emphasizes that this and all other activities are dependent on how much of himself the individual is willing to invest. The instructor also emphasizes that a student who has a concern

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or finds an activity difficult should contact him. The instructor then asks students to complete 1.3, 1.4, 1.5, and 1.6 individually. He also asks students to form a group of four and share the meaning of their collage after they have completed the individual activities:

1.3 Participate in the following activities:

a. Personal Inventory:

Respond to each of the following items in writing. Think and focus on you before you answer.

1. What have been my most positive experiences?
2. What things do I do well?
3. What are my primary personal strengths?
4. What have been my key failure experiences?
5. What are my primary personal weaknesses?
6. If I had a magic wand and could make two changes in myself at this instant, what changes would I make?

When you have completed this inventory think about it; the purpose is to help you focus on yourself. It is suggested that you put 1.3, 1.4, and 1.5 in an envelope and seal it. At the end of the year you may wish to open the envelope and see what changes you have made.

b. Who Am I?

Take ten separate sheets of paper. On each sheet answer the question, "Who Am I?" These answers may be roles, responsibilities, qualities, beliefs, feelings, etc. Do this as quickly as possible. After you have completed the ten,

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arrange the sheets in their order of importance, with number 1 the most important and number 10 the least important.

It is suggested that you put 1.3, 1.4, and 1.5 in an envelope and seal it. At the end of the year you may wish to open the envelope and see what changes you have made.

c. Where Am I?

Write a paragraph or poem that expresses where you are in life right now. Find a comfortable spot and think deeply about yourself, your relationships, your ambitions, your joys, your sorrows, your hopes, and begin writing. Do not concern yourself with form, only the thought.

It is suggested that you put 1.3, 1.4, and 1.5 in an envelope and seal it. At the end of the year you may wish to open the envelope and see what changes you have made.

d. Collage:

Using magazines, newspapers, and other available materials, cut out anything that appeals to you. Cut out more than you can use. Cut out anything that you like even if you do not know how you will use it. Once you start to put your collage together, you can fill in what you may need by drawing, lettering, cutting out construction paper, etc.

The purposes of this collage are to collect your thoughts, feelings, events, activities, relationships, and themes about your past,

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present, and future, and to make it easier for you to share significant aspects of your life with others.

When making your collage, be as creative as you can. Let it represent you and your life. It is not necessary to be chronological; time may run together or not be important at all. Themes may or may not be important. The only guide is, "Will this make it easier for me to think about myself and share myself with others?"

1.4 Form a group of four. Share the meaning of your collage with the group. Do this until everyone has had a chance to share his collage.

VII. POST-ASSESSMENT:

Write a brief description of your collage. In this statement attempt to capture the essence of what the collage tells about you. Submit this description to the seminar instructor. Keep the collage so that you can use it later.